

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

Assessing the effect of multimedia self-care educational program on quality of life in hypertensive patients

Protocol summary

Summary

The main objective: to determine the effect of multimedia self-care educational program on quality of life in hypertensive patients Inclusion criteria: age 18 and over, there is a definite diagnosis of hypertension by a physician , anti hypertensive medication for at least 3 months, a minimum of literacy, lack of sensory perception problems, disorders of vision, hearing and communication Exclusion criteria: absence of more than one of the training sessions for groups wanting to continue to participate in the study .The sample size in this study is 35 patients in each treatment group . for Patients in the intervention group, training sessions in hospital care was provided by the researcher, The meeting was scheduled for 20 minutes and sometimes up to 60 minutes according to patient need . the intervals between sessions is two days. They are trained to teach a group of up to 10 people with questions and answers, PowerPoint, and providing educational package leaflet and booklet and a CD with pictures and videos of training the content. Sf-36 quality of life questionnaire will be use, before and three months after the intervention for both groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014060517980N1**

Registration date: **2015-01-22, 1393/11/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-01-22, 1393/11/02

Registrant information

Name

Maryam Shahidi

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 11447483292

Email address

m.shahidi@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Tehran University of Medical Sciences

Expected recruitment start date

2014-05-22, 1393/03/01

Expected recruitment end date

2014-08-22, 1393/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the effect of multimedia self-care educational program on quality of life in hypertensive patients

Public title

Impact on quality of life of patients with hypertension

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria :Age over 18 years;There is a definite diagnosis of hypertension by a physician : History of blood pressure; medication for at least 3 months: minimal literate: Lack of understanding ;sensory problems; impairment of vision, Hearing and

communication and Exclusion criteria : Absence of more than one of the training sessions for groups ;wanting to continue to participate in the study .

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences Ethics Committee

Street address

(Quds Street,tehran)

City

tehran

Postal code

Approval date

2014-04-16, 1393/01/27

Ethics committee reference number

130/105 /93/ۛ

Health conditions studied

1

Description of health condition studied

Hypertension

ICD-10 code

I10,I15

ICD-10 code description

High blood pressure Hypertension

Primary outcomes

1

Description

Quality of life

Timepoint

Before the intervention , Three months after the intervention

Method of measurement

Questionnaire SF-36

Secondary outcomes

empty

Intervention groups

1

Description

"Intervention group: Multimedia Self Care Educational"

Category

Other

2

Description

"Control group:Without Intervention"

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Mahmoodabad Shohada Hospital

Full name of responsible person

Maryam shahidi

Street address

Shohada Hospital, Mahmoodabad

City

Mahmoodabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Tehran University of Medical Sciences

Full name of responsible person

Masoud Yunesian

Street address

Tehran University of Medical Sciences, Quds Street, Keshavarz Blvd, Tehran

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?

Yes

Title of funding source

Vice Chancellor for research of Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries**Contact****Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Tahereh Najafi Qezeljeh

Position

Phd

Other areas of specialty/work**Street address**

School of Nursing and Midwifery, N. East St, Tohid Square, Tehran

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty